

# INITIAL ADULT TENNIS SCHEDULE

(Mid – week evening sessions to be added soon!)

PLEASE SEND A MESSAGE OR CALL  
(087) 640 9223 TO BOOK YOUR PLACE!

<u>MONDAY</u>	<b>10am-12pm</b>	Club Social	€10 per player
<u>TUESDAY</u>	<b>10-11am</b>	Rusty Racquets	€12 per player
<u>WEDNESDAY</u>	<b>9.30-10.30am</b>	Cardio Tennis	€12 per player
<u>THURSDAY</u>	<b>10-11.30am</b>	Coaching & Matchplay	€18 per player
<u>FRIDAY</u>	<b>10am-12pm</b>	Club Social	€10 per player
<u>SATURDAY</u>	<b>1-2pm</b> <b>2-3pm</b>	Rusty Racquets Cardio Tennis	€12 per player €12 per player
<u>SUNDAY</u>	<b>10-11.30am</b> <b>11.30-1pm</b>	Coaching & Matchplay Rusty Racquets	€18 per player €18 per player

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Club Social :      Friendly doubles and singles play

Rusty Racquets :    Beginner lessons for those starting out or dusting off the racket and getting back on court

Cardio Tennis :     A fun, sociable group fitness class set on a tennis court and open to people of all ages and abilities. Supported by music, you'll get to hit lots of tennis balls during your class and have a great cardio workout at the same time.

Coaching &  
Matchplay :        Does exactly what it says on the tin. 45 minutes of tuition on technical/tactical aspects of the game followed by doubles or singles play.